5) While the core section is still intact, record a general description of the core structure, noting zones of different color, texture, sediment type (silt, sand, clay, gravel, etc.), and apparent oiliness. Intentionally smelling the core to note its odor is not recommended.

6) Collect each core interval, as pre-determined in the study plan, from the undisturbed core interior with a clean, stainless steel spoon or spatula. Place the sediment from an individual core interval into a clean stainless steel mixing bowl of appropriate size.

7) Mix the sediment with a clean stainless steel spoon until visually homogeneous. During this operation, remove any obviously "non-sediment" objects from the sample; bottle caps, broken glass, sticks, large rocks, etc.

8) Place an appropriate volume of sediment into a wide-mouth glass jar (pre-cleaned according to EPA protocols), leaving space at the top of the bottle for later mixing (unless the samples are for volatile organics analysis, in which case the jar should be completely filled).

9) Label each jar with a unique sample identification number. Store the sample bottles on ice or in a refrigerator until transfer shipment to the analytical laboratories.

4.0 HEALTH AND SAFETY AND ENVIRONMENTAL COMPLIANCE

1) Field crew personnel should always wear appropriate personal protection clothing and equipment, which at a minimum includes:

- Safety glasses or face shields
- Tyvek or Saranex coveralls
- Double gloves (Latex inner gloves and Nitrile outer gloves)
- Steel-toed rubber boots
- Life jacket, under coverall

The intention of this clothing is to minimize personal exposure to the possibly hazardous sediments.

2) Field crew personnel should make a point of consuming liquids (cool water recommended) on a regular basis to minimize heat stress during warm weather, or warm themselves regularly to avoid hypothermia during cold weather, and take periodic rest breaks to minimize fatigue.

2) Excess sample should be disposed of in an appropriate fashion, which should be described in the project Field Sampling Plan.